

Ergonomics and the American Workforce

By the year 2000, an estimated 50 percent of the American workforce could suffer from ergonomics-related injuries like Carpal Tunnel Syndrome, tendonitis, DeQuervain's Disease, and lower back pain.

Repetitive Stress Injuries (RSI) cost American businesses \$20 billion/year in medical costs and lost wage benefits.

Annually, more than ten million workers suffer from computer-related vision problems.

Ergonomic disorders are the fastest growing category of work-related illnesses. In the last decade, the incidence of work-related repetitive motion disorders increased by a factor of seven.

Repetitive trauma disorder cases now account for 65% of all occupational illnesses.

Now is the time to learn how to protect yourself! Most ergonomic injuries can be prevented readily — help yourself to a safer workstation and a healthier life!

Webster defines Ergonomics as "The Science that seeks to adapt work or working conditions to suit the worker."